



'It gave me a reason to live'

Seven years ago, a program that allowed B.C. women to give birth and live with their babies at a provincial jail was shut down. In 2013, the B.C. Supreme Court ordered it reopened. But since then no mother has been admitted to the program.

A METRO SPECIAL INVESTIGATION

Halifax metro



WEATHER WOMEN

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Your essential daily news | TUESDAY, DECEMBER 1, 2015

High 3°C/Low 2°C Sunny



Tracey O'Keefe, left, and Lana Taplin roll a rack of coats up to the Dartmouth Bridge Terminal on Monday. JEFF HARPER/METRO

PAYING IT FORWARD

Halifax region residents are spreading positive vibes all over town

metroNEWS

'Not about the money'

MUNICIPALITY

City councillor wants vets to park for free



Zane Woodford
Metro | Halifax

A Halifax city councillor thinks veterans should park for free in the municipality.

District 14 Coun. Brad Johns plans to ask for a staff report at Tuesday's city council meeting about letting anyone with a veterans licence plate park for free at any municipally-owned parking lot, or parking metre.

"It's not as much about the money as it is about the symbolism of what we're doing," Johns said Monday. "Symbolically, it shows that the municipality is recognizing the contributions that veterans make."

Valerie Mitchell-Veinotte, executive director of the Nova

Scotia/Nunavut Command of the Royal Canadian Legion, said Monday the legion "supports this initiative as a tremendous gesture of thanks for Nova Scotia's veterans."

Mitchell-Veinotte said Nova Scotia was the first province to create a special licence plate for veterans, and her organization implements the application process for them.

Johns believes the majority of those issued special veterans plates are likely in Halifax. He said he's asking for a staff report to find out exactly how much money would be lost in parking revenues.

6,660

The number of special veterans licence plates issued across the province since the program began in 2002.



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FISHING INDUSTRY

Lobster trapper falls from ship, dies

RCMP say a 53-year-old man is dead after falling overboard during the first day of the lobster season off southwestern Nova Scotia.

Police say the man, who was from Cape Breton, was setting lobster traps when he fell from his vessel at 9 a.m. Monday.

The man was pulled from the water by the boat's crew and was later flown by helicopter to a hospital in Yarmouth where he was pronounced dead.

The Transportation Safety Board of Canada says it dispatched an investigative team to Woods Harbour, N.S., following two man-overboard incidents — one involving the Cockawit Lady and the other the Nomada Queen 1.

A spokesperson for Maritime Forces Atlantic in Halifax says two other fishermen who went overboard were flown to hospital by helicopter.

The military says the incidents occurred about 74 kilometres southwest of Yarmouth.

THE CANADIAN PRESS

ART

Butterfly mural returns home after provincial tour

A Halifax airport's butterfly has returned home after travelling around Nova Scotia for the past year.

Renowned Mi'kmaq artist Alan Syliboy created his canvas mural "3D Butterfly" for Stanfield International Airport's main lobby in a three-day public art event on-site in 2013. In recent months the stylized butterfly, depicted in vivid shades of red, black and yellow, has been exhibited in places including St. Francis Xavier University in Antigonish and Creamery Square in Tatamagouche.

"I think an airport is a very emotional place: you're leaving someone, or someone is leaving you, or someone is arriving," Syliboy says in Carry Me Home, a short film by Nance Ackerman about the mural. "I hope this painting affects people and then can help them along their journey."

THE CANADIAN PRESS



WEATHER MORNING WARM-UP Runners bundled up for the cold to enjoy a sunny morning jog along the Halifax waterfront Monday. The sun will continue tomorrow before rain and warm temperatures move in mid-week. JEFF HARPER/METRO

Provincial road safety amendment scrapped

MOTOR VEHICLE ACT

Bill to allow Segways heads back to committee



Zane Woodford
Metro | Halifax

Bills that would have seen fines for pedestrians go up and Segways hit the streets were sent back to the drawing board Monday at the province's Law Amendments Committee.

Bill 133 is a proposed amendment to the Motor Vehicle Act that would, among

many routine clarifications, bring the fine for jaywalking up to almost \$700 — the same as the fine for failing to yield to a pedestrian in a crosswalk.

"We're worried that this sends a message that the province isn't looking at stronger protection for vulnerable road users," said Halifax Cycling Coalition chair Ben Wedge after the meeting.

Wedge told the committee his group believes there should be no change in the fine. He argued that the risk to pedestrians who fail to yield to traffic is far greater than the risk to drivers, so the fines should be different, too.

The committee also heard from crosswalk safety advocate Norm Collins, who argued fines for both drivers and pedestrians should reflect whether there was a collision.

Bill 136 is a proposed amendment to the Motor Vehicle Act that would allow the use of Segways on both roads and sidewalks.

Wedge expressed concern to the committee that the con-



A Segway demonstration at the Distillery District in Toronto. The amendment to Bill 136 stated that a Segway would be installed on sidewalks where they exist, or on the right side of the road where there isn't one. DICK LOEK/TORSTAR NEWS SERVICE

sultation process laid out by government ahead of the drafting of the legislation wasn't followed, and government "jumped the gun" and went ahead anyway.

Members of his group are also concerned with the way the bill defines Segways.

"They couldn't make up

their minds what a Segway should be," he said.

The bill says Segways would be on sidewalks like pedestrians when there is a sidewalk, and on the right side of the road like cyclists when there isn't one.

Wedge thinks Segways should be defined as one or

the other, either cyclists or pedestrians, but his group doesn't have a formal position yet.

The committee also heard from Segway Nova Scotia co-owner Max Rastelli, who argued Segways are good for tourism, and the amendment should go ahead.



They couldn't make up their minds what a Segway should be.

Ben Wedge

Haunting works in gallery

NSCAD UNIVERSITY

Students open ghosts, a show inspired by Parks Canada



Haley Ryan
Metro | Halifax

Colourful tents sit empty in the forest with shoes scattered about, tarps and flies left ajar.

Beginning Tuesday and running until Saturday, more than 20 NSCAD University students are presenting their work inspired by trips led by instructor Anna Sprague to Parks Canada sites of Kejimikujik, Halifax Citadel, and Fortress of Louisbourg.

"I was hyper-inspired at Keji being surrounded by nature," said Frankie Macaulay on Monday as she stood in front of her Tent Portraits work.

The title of the show is ghosts, playing with the idea of "guests, hosts and ghosts" in the context of collective memory, history and mythology of the parks and sites to inspire art.

Macaulay said she'd been looking forward to participating in the Keji project since she saw the show last year, and added it was great to have a few classroom sessions then five full days in the woods at the end of August.

Having the opportunity to focus purely on art with no work or other classes was "amazing," Macaulay said.

After taking photos of signs



Artist Frankie Macaulay straightens her work — Tent Portraits, part of a NSCAD University exhibit entitled ghosts, on display at the Anna Leonowens Gallery.

JEFF HARPER / METRO

"I was hyper-inspired at Keji being surrounded by nature."

Frankie Macaulay

around the park for the first couple of days in Keji, which are also in the show, Macaulay said the empty tents caught her eye on the first sunny day of the trip when everyone abandoned the site to go swimming.

Parks Canada has been partnering with NSCAD on the project for four years, and also grabbed the attention of second-year student Luke Mahon last year.

Mahon's collage piece, remember?, features images transferred from photocopies to acetate or other translucent material as well as embroidery and sketches of people fishing, nature, and other things related to Keji.

"Sort of in commentary on the processes of archiving and that delicate process and how we remember experiences and events, and the history of places," Mahon said.

Mahon is excited for people to come down to appreciate not only the art but the potential of historic sites and parks for creative collaboration.



Some of the ghosts on display.

POST-SECONDARY

Student action delays board decision on tuition

Haley Ryan
Metro | Halifax

While NSCAD University has delayed a vote on tuition hikes, a student union leader says things "aren't finished yet."

The Student Union of NSCAD University (SUNSCAD) led a group of roughly 50 students and supporters into a board of governors meeting last Thursday night to oppose a 37 per cent tuition hike and refused to leave when the topic came

up, forcing the board to adjourn the meeting.

"We are happy with the outcome. Things aren't finished yet but we were able to stop the decision from being made," SUNSCAD president Gabriel Soligo told Metro Halifax in a recent interview.

Soligo said the board is proposing a tuition reset for those taking 15 credits or more that would add up to 37 per cent over three years.

A full-time student taking 12 credits currently pays \$6,360,

Soligo said.

According to a NSCAD news release, full-time undergraduate students now pay the same tuition whether they are taking 12, 15 or an overload of 18 credits per semester, but the proposal means those taking 15 or more would pay an extra \$579 each year for three years — a 9.1 per cent increase in 2016-17.

The increase would catch students budgeting for next year off-guard, Soligo said, and have a "devastating blow" onto their pocketbooks.

"Students are really on the edge already," Soligo said.

The province allowed universities to charge similar amounts for similar programs as part of the 2015-16 budget when the cap on tuition increases was lifted.

Graduate student tuition would also go up 30 per cent to \$8,270 for Master of Design and Master of Fine Art (MFA) students, and \$8,900 for the proposed Master of Art Education program, the university said.

The NSCAD release said the hike would "rectify its relative-

ly low tuition rates, held since 2005-2006" and align with other Nova Scotia arts universities in its comparator group by 2018-19.

"The flat fee model doesn't work for NSCAD and this market adjustment is our opportunity to bring fairness and accessibility to the system so students pay for the number of credits they decide to take," Dianne Taylor-Gearing, NSCAD president, said in the release.

Part-time students taking three to nine credits, and full-time students with 12 credits

per semester won't be affected by the hike, the release said, which is about 62 per cent of students.

Soligo said more funds should come from the federal and provincial governments who can put their "money where their mouth is."

He added students will continue to put pressure on the university and board of governors to ensure the hikes don't go through.

The next regular board of governors meeting is Feb. 18, 2016.

CRIME

Possible links in robberies probed

A handful of recent robberies have Halifax Regional Police contemplating if the same suspects are responsible for all of them.

Officers are investigating five similar robberies that have happened over the last four weeks in the Halifax area, police confirmed Monday. That includes two different incidents on Nov. 7, one on Nov. 15 and two more on Nov. 29.

"Investigators are exploring whether the same people may be responsible for these incidents," an HRP news release said.

"In response to these incidents, we have increased patrols and are conducting special checks in the area," the release adds. "Our quick response units will be in the area in a plain clothes capacity."

All five of the robberies in question have been violent, including a previously reported swarming that involved up to 15 young people approaching two men and a woman near the Emera Oval in central Halifax at about 1:10 a.m. on Sunday. The woman was punched in the face

and had her wallet stolen.

Police said Monday officers responded to a similar incident a few minutes later near Quinpool Road and Robie Street, where a 23-year-old man was assaulted and had his wallet stolen by a group of people.

On Nov. 15 in north-end Halifax, just before 2 a.m., a 22-year-old woman was walking on Buddy Day Street when a group of four men approached her, with one punching her in the face several times, and her wallet disappearing.

And On Nov. 7, officers responded to Maynard and Cunard Streets in the north end shortly before 2 a.m., after a 34-year-old man was assaulted and had his wallet stolen by a group, and then to Gottingen Street at about 2:30 a.m., after a 58-year-old man had experienced the same.

Anyone with information on any of these crimes is asked to call Halifax Regional Police at 902-490-5020 or Crime Stoppers anonymously at 1-800-222-8477.

METRO

WEAPONS

Two Dartmouth men facing charges following weekend 'disturbance'

Two young Dartmouth men are facing several charges following what police are calling "a disturbance" that resulted in officers seizing several firearms early Sunday morning.

Officers responded to complaints of a dispute outside a residence on Highway 7 in Lake Echo at about 5:25 a.m., Halifax RCMP said in a news release.

Although the two men had left the area when officers arrived on scene, police were able to track them down on nearby Joyce Court, with the help of a police dog. Police arrested the suspects without incident.

Tyjah Borden, 19, faces two counts each of careless use of a firearm, improper transport or storage of a firearm, possession of a weapon for a dangerous purpose, possession of a prohibited device, possession of a firearm obtained by committing an offence and possession of a firearm contrary to a probation order. He's also charged with mischief, trespassing at night and uttering threats, police said.

Bryce Brooks, also 19, faces charges of mischief, trespassing at night and uttering threats. Both men were scheduled to appear in Dartmouth provincial court Monday morning.

METRO



Images from locally made film **Laura's Dream**. CONTRIBUTED



Disability film fest hits the East Coast

INTERNATIONAL

Submissions were received from as far away as China

The first-ever Bluenose-Ability Film Festival (BAFF) is taking place this weekend — but reachAbility CEO Tova Sherman said it's just a start.

"Year 'round film classes will be happening all over HRM," Sherman said Monday.

"We just want people to express themselves in creative ways, because sometimes the more traditional and mainstream ways don't fit our clients."

ReachAbility is a grassroots organization with a focus on empowering folks living with disabilities. Sherman came up

with the idea of a film festival as part of celebrating reachAbility's fifteenth year.

"I do find that people with disabilities, like myself ... frankly, are very creative people and find different ways to express themselves," Sherman said. "I wanted to provide a voice to that."

Sherman explained that BAFF was originally supposed to hone in on Atlantic Canada, but they received submissions from as far as China. As a result, the films have been split into multiple groups to allow for both regional and international submissions.

"Our largest single country where films came from was Iran," Sherman said.

BAFF is the first disability awareness film festival to include a youth category as well as an adult category.

Meagan Brown's film, *Laura's Dream*, is was of three finalists

Giving voice to the arts community, especially in the area of disability, is truly ... giving a voice to the community itself.

Tova Sherman

in the regional short film (youth) category.

Brown, 17, is a student at Charles P. Allen High School in Bedford. Her film tells the story of Laura Osborne, a 26-year-old woman who was diagnosed with metachromatic leukodystrophy at age 16. The illness affects both physical movement and mental development.

"We wanted to interview a lot of people about Laura — just who she is as a person," Brown said Monday. "They really started talking about what Laura had taught them, which ultimately became the purpose of the film."

Brown feels there's an unfortunate stigma surrounding the medical condition and ones like it.

"The goal of this film is really to share Laura's story and share the amazing person that's behind the disease," Brown said.

REBECCA DINGWELL/FOR METRO

THURSDAY

All Bluenose-Ability Film Festival events are free of charge, including the classes. Visit www.reachability.org/baff for more information.

SHUBENACADIE PROVINCIAL WILDLIFE PARK

Black bears put down for health reasons

The black bear sisters at the Shubenacadie Provincial Wildlife Park have been put down.

Bob Petrie, director of the province's Department of Natural Resources wildlife division, confirmed the sisters' health issues were too much to keep them living comfortably any longer. The park's resident groundhog, Shubenacadie Sam, tweeted the sad news Sunday.

"Over the past year, both

had been in declining health, with one with some real mobility issues," Petrie said, adding arthritis was present in both, among other issues one could expect with aging. "Park staff and the veterinarian were keeping an eye on them, administering medicine as needed, but over this past week the other bear suffered a medical event that significantly affected her mobility."

Petrie said the veterinarian

and staff were doing what they could for the bear, including administering medication.

"We didn't think there was any prospect of recovery."

The sisters were rescued as cubs in Nova Scotia and called the park home for the better part of the past 23 years.

"They were siblings and had spent their lives together," Petrie said. "With the second one suffering mobility issues, we felt it was an appropriate

time to have them put down."

Visitors to the park may find the bear enclosure empty for a period of time, but how long that may be is unknown.

"We do actually have plans to have bears again. We don't go and take bears from the woods for the park — we actually rescued a couple of orphaned cubs who are already living in the park in another area, who will be relocated."

TRURO DAILY NEWS



The two black bears at the Shubenacadie Provincial Wildlife Park have been put down due to deteriorating health issues affecting their mobility. CONTRIBUTED



Lana Taplin and Tracey O'Keefe have been taking donations from family and friends they give to anyone in need. JEFF HARPER/METRO

UNITED WAY

Hop on board for Giving Tuesday

Rebecca Dingwell
For Metro | Halifax

Halifax and Dartmouth ferrygoers may be in for a surprise this morning, as United Way Halifax volunteers make the rounds in honour of Giving Tuesday.

Giving Tuesday takes place following Black Friday and Cyber Monday in order to give people a chance to pay it forward, according to United Way spokesperson Sarah White.

"After you've done a lot your shopping ... for the holidays, why not give back to your community?" White said Monday.

"For a lot of organizations, it's the kick-off to the giving season."

The occasion takes place throughout Canada and the United States. From 8 to 9 a.m. on Tuesday, United Way staff and volunteers will be travelling from Alderney Landing to the Halifax side of the harbour, handing out pins with "text to give" information. Each text will lead to a donation of \$10.

One of the volunteers is Halifax Regional Police Chief Jean-Michel Blais. Blais is the campaign co-chair at the United Way Halifax this year.

"As fortunate as we are ... not everyone in this society is as fortunate," Blais said Monday.

He added the campaign is a great way to help out the homeless in the community.



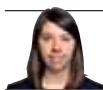
All of the money raised tomorrow will go to our housing and homelessness initiative.

United Way spokesperson
Sarah White

Women hand out free coats, clothes to 'whoever's in need'

PHILANTHROPY

Organizers encouraging donations for popular drive



Haley Ryan
Metro | Halifax

People rushing to their next bus at the Dartmouth terminal looked toward a small group gathered around a rack full of coats and scarves, their breath forming clouds in the chilly air.

Lana Taplin and Tracey O'Keefe have been visiting the Dartmouth Bridge Terminal as

well as Spring Garden Road for the last couple of weeks, giving out coats, shirts and warm clothes to anyone who needs them.

"Some people are like, 'Are you sure this is free? Is this a joke?' and we're like, 'No, it's not,'" said Taplin on Monday as the two women arranged hangers.

"Just to see a smile on someone's face, I think it's fantastic."

Taplin said they were inspired to clean out their own closets and ask for donations from friends after seeing a Halifax Facebook post of a Nova Scotia woman tying winter coats around poles for anyone to take in downtown

Halifax.

There was "so much sadness" in the news at the time with Paris attacks, Taplin said, that the Dartmouth women decided some happiness was needed in the community.

O'Keefe said seeing positive acts on social media is "contagious" since she likely wouldn't have thought to start this project without seeing the other woman's story.

The free jacket rack got a lot of attention at the Dartmouth Bridge Terminal on Monday.

O'Keefe said it's important to go on the streets to catch the attention of those who might not be homeless or know what shelter services there are, but also can't afford a new coat on

OUTREACH

After a photo of them with the clothes rack on Spring Garden was featured on Halifax, Lana Taplin said they've gotten messages from people as far away as Ontario and Saskatchewan who say they're going to do the same thing.

their own.

They originally planned to go out until Christmas, but if the donations keep coming in Taplin said they might carry on into January, especially for refugees arriving from Syria and other countries.

SPEEDING

Teen caught driving 200 km/h on Highway 103: Halifax police

A young man's need for speed has landed him in some big trouble.

Halifax RCMP say the 19-year-old from Upper Tantallon has been charged with stunt driving after he was caught driving 200 km/h in a 110-kilometre zone on Highway 103 between exits 3 and 4 around 11:50 p.m. on Sunday.

Police say he is a new driver, but his licence has been suspended for seven days. Police also seized his vehicle.

If convicted, the driver also faces a fine of \$2,422.50 and six points off his licence.

"The RCMP takes these matters very seriously as speeding — and driving aggressively — in such a fashion is one of the leading causes of

accidents, injuries and deaths on our roads and highways," a police news release states.

"The RCMP will continue to target this type of driving in order to make the streets and highways of Nova Scotia as safe as possible."

Stunting happens when someone drives more than 50 km/h over the posted speed limit. METRO STAFF

HEALTHY FAMILIES

Province vows funding for parenting programs

Asha Bonnar easily manoeuvred through a variety of toys at the Cape Breton Family Place Resource Centre on Monday as a large group of mostly strangers looked on.

Her mom, Samantha Bonnar, proudly watched as her outgoing four-year-old seemingly blossomed before her eyes, smiling and confidently chatting with the many people on hand for a provincial government funding announcement.

nouncement.

For her daughter's outgoing nature, she's forever grateful to the Parenting Journey program that will receive some of the \$1.2 million in additional funding for prevention and intervention programs the province announced Monday.

"Her being happy makes me happy and her seeing all the kids and all the people she knows now is pretty good for her," said Samantha, when asked about some of the benefits of the program.

The Bonnars found the program under the Stronger Families Umbrella before Asha was born and Samantha said it has helped her become a better parent.

Across the province, the Parenting Journey program and a program known as Family Connections will also receive additional funding. New culturally-relevant programs will also be added in Aboriginal, African-Nova Scotia and Acadian communities. CAPE BRETON POST

BROKEN BONDS | PART I

Jennifer Smith stands in her oldest daughter's bedroom at her home in Vancouver. In 2007, Smith and her newborn baby lived together at a B.C. jail while Smith was incarcerated.

JENNIFER GAUTHIER/FOR METRO

An unlikely initiative at one B.C. jail for women was changing the lives of inmates and their families. So why was it stopped?

'It gave me a reason to live'

Sidney Cohen
For Metro

Jennifer Smith found out she was pregnant from a prison nurse at Prince George Regional Correctional Centre, a provincial jail in central British Columbia.

It was the winter of 2007 and Smith, in jail for minor crimes committed to support a drug habit, had recently been through withdrawal. The 22-year-old weighed just over 100 pounds and in her words, "looked like death." The baby, she was told, would come before the end of her sentence.

Traumatic events in Smith's youth, including the suicide of her father when she was a teenager, had her on a downward trajectory. When she discovered she was pregnant, "I just made a really big decision," Smith says, "that my life was going to change

from here on out."

It was Smith's first pregnancy, but not her first time in jail. Two years earlier, Smith had spent three and a half months at Alouette Correctional Centre for Women, a Vancouver-area prison for women awaiting

with them, to breastfeed and bond during the critical postpartum period.

Smith asked to be transferred to Alouette and her request was granted.

Smith gave birth to a daughter that June. In August, she walked

to get clean and stay out of jail.

So it came as a shock when, in 2008, B.C. Corrections quietly shut down the mother-baby program, citing concerns for the babies' safety, despite there being no known instance of harm to any child who participated in the program. Two inmates challenged the closure and in 2013, the B.C. Supreme Court ordered the program reinstated. The court held that cancelling the program discriminated against incarcerated women, particularly indigenous women, who are overrepresented in Canada's correctional system, and violated the charter rights of mothers and babies to be together.

On June 16, 2014, B.C.'s Ministry of Justice proudly announced the opening of the newly renovated mother-baby unit at Alouette, but since then not one baby has been allowed to live at the jail. And not for

want of pregnant inmates. In all 26 babies have been born to provincially incarcerated women in B.C. since 2008. Two inmates gave birth this summer.

When asked, the province says Alouette's mother-baby facility is available to women who need it, but inmates, activists and even the jail's former warden say the government has made the program so hard to access that it might as well still be closed.

Alouette opened as a women-only prison in 2004, under an enthusiastic warden named Brenda Tole, who is now retired. Tole had a vision for corrections built on the belief that permitting women a degree of autonomy would empower them to take control of their lives.

Tole designed Alouette to be a therapeutic space. Women had keys to their own rooms,

they could venture outdoors at their leisure, and an inmate committee was organized so women could discuss problems in the jail and make proposals



A pregnancy always offers an opportunity for healing.

Mary Ellen Turpel-Lafond, B.C. Children's Advocate

trial or serving terms under two years. Smith remembered being amazed when a fellow inmate delivered a baby boy in hospital and brought him back to live with her at the jail.

At the time, Alouette was operating a "mother-baby program," which allowed women who gave birth while incarcerated to keep their newborns

through Alouette's gates, baby in tow. She never looked back.

Alouette staff and outside observers say the mother-baby program is safe and effective. They note the positive impacts of keeping mothers and babies together: babies reap the health benefits of breastfeeding and bonding with their mothers, and the mothers are inspired

+ BREASTFEEDING

The World Health Organization says breast milk is the ideal food for newborns as it is rich in nutrients and has antibodies that protect against diarrhoea and pneumonia - the leading causes of child mortality across the globe. According to Health Canada, breastfeeding reduces a child's risk for allergies, helps mothers shed baby weight and reduces their risk for developing breast cancer.

THE ASSOCIATED PRESS

for improvements.

All this equalled a measure of agency and trust unfamiliar to most women in custody. On the street, Alouette was known as "Camp Cupcake."

Alouette's mother-baby program was pitched to Tole by Sarah Payne, a Vancouver midwife. Payne, who worked with substance using mothers and their babies, explained that infants born into withdrawal who stayed with their mothers — were breastfed, cradled and kissed — had better health outcomes. Women who had babies taken away often lost hope and returned to their old ways. Mothers who kept their newborns had motivation to get better.

Tole, who has worked in corrections for 30 years, says she has seen the effects of mother-child separation first-hand. "The moms are destroyed. ... It's unbelievable. It's horrible," she says.

Alouette's mother-baby program was designed to give babies the chance to form a secure attachment to their mothers, which experts say is critical to a child's future emotional health.

Mary Ellen Turpel-Lafond, B.C.'s Children's Advocate, has worked closely with families living with poverty, drug addiction and incarceration, and is a vehement supporter of prison mother-baby programs. She says the effects of keeping a mother and baby together, with support from the community and social services, can be life-altering for the child and felt for generations to come.



Jennifer Smith holds a photograph of oldest daughter, taken in 2008. JENNIFER GAUTHIER/FOR METRO

"The children have stayed in the long term with the parent, done well in school and will likely be the first generation to break ... a multi-generational cycle," she says.

Considering Canada's sordid history of removing indigenous children from their families, the implications are especially acute for First Nations women, who account for almost half of the country's female inmate population.

Alouette's mother-baby initiative presented an opportunity "to address trauma as opposed to compounding trauma" experienced by incarcerated women

and children of Indigenous heritage, says Turpel-Lafond.

Between 2005 and 2008, 13 babies were born to women serving sentences at Alouette and nine lived at the jail until their mothers were released. At the time of the 2013 B.C. Supreme Court judgment, all nine had remained out of custody — impressive, given that About 70 per cent of B.C.'s women inmates reoffend within two years of release, according to documents from the court case.

"It was just amazing to see," says Tole, who worked in cor-

rections for over 30 years. "The moms... and babies did so well. It was positive for the staff too ... a total de-stressor."

Alouette's mother-baby unit, named Alder after the west coast tree, had a reputation for being calm. Women who sought admission to the unit were carefully screened. If they didn't have kids of their own inside, they acted as babysitters while the mothers worked and took parenting classes.

Some inmates who helped out in this way reported that the babies' presence elicited painful memories of their own estranged kids but also that the program

inspired them to reconnect with their children when they were released.

Jennifer Smith says she felt "totally safe and comfortable" living with her daughter in Alder.

Smith recalled one night when her baby wouldn't stop crying. She tried burping and bobbing her to no avail. Not having slept a full night in days, the first-time mother broke down in tears herself.

That's when she heard a knock at her door: "Is there anything I can do for you, dear?"

It was Betty Krawczyk, an environmentalist famous in B.C. for multiple arrests and imprisonments. The 78-year-old grandmother plucked the bawling baby from Smith's arms and, in characteristic defiance of the rules, brought the baby to the rocking chair in Alder's common room. She held the child against her breast and rocked her back and forth until she fell asleep.

In the years since leaving Alouette, Smith has stayed clean, moved into a three-bedroom apartment in Vancouver, and had a second daughter.

It hasn't been easy, but the family has come a long way.

Smith's daughter, now in Grade 3, is doing well in school and taking gymnastics classes. "She's really flexible," Smith says proudly. "This girl can do the splits both ways and she does headstands, handstands, round-offs on the beam." Her younger child, nearly two, is

learning numbers and shapes.

Right now Smith is a full-time mom, but she hopes to pursue a career where she can draw on her life experiences to help others.

"I just want to be there, so that people know there's still hope when you're down. It's not the end of the world. I know I definitely thought it was for me."

Smith says the day she found out she was pregnant the first time was the best one in her life up to that point.

"It gave me a reason to live. 'If I didn't get the opportunity to have my child (in jail) — I still would have fought for her — but who knows what would have happened. I don't even want to think about it.'"

Meanwhile, Alouette's mother-baby facility sits empty.

Broken Bonds

PART I

"A success story"
Tues. Dec. 1

PART II

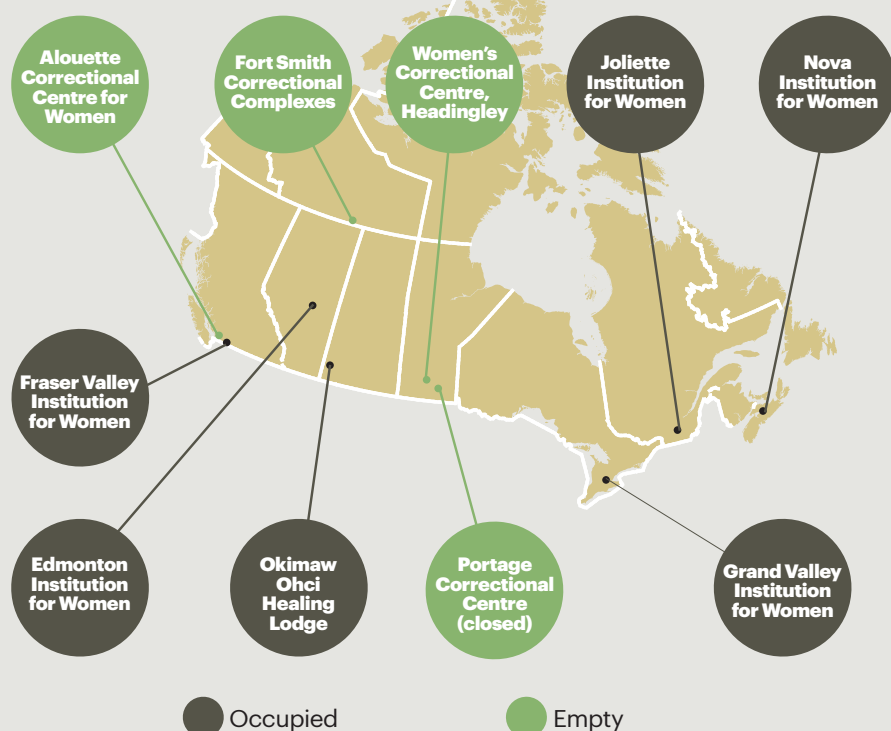
"It all falls apart"
Wed. Dec. 2

PART III

"What now?"
Thurs. Dec. 3

+ BRINGING UP BABY BEHIND BARS

In Canada, there have been 10 correctional facilities with programs that allow mothers to live with their babies.



In B.C., 23 babies were born to incarcerated women between 2008 and 2013, when Alouette's mother-baby program was shut down



Of these babies,
12 were put in
foster care

Since Alouette's program reopened in 2013, 3 babies have been born in B.C. provincial jails



2 babies
were put in
foster care



1 baby
was released
with the
mother



Currently there are
3 babies living with
their mothers in
federal prisons

'There's no time to waste'

UN SUMMIT

Trudeau tells leaders to fight climate change at home first

Prime Minister Justin Trudeau travelled to Europe to tell the world that the fight against climate change starts at home.

Trudeau wrapped up a week-long run of European summits — his second in less than 30 days since being sworn in — with an address to the leaders' plenary on the opening day of a UN-sponsored climate conference.

French President Francois Hollande, the host of the 21st climate conference, and other leaders painted the climate battle in existential terms for humankind, explicitly linking security issues and global warming in this terror-scarred city. Trudeau focused on his own backyard.

"Indigenous peoples have known for thousands of years how to care for our planet," he said. "The rest of us have a lot to learn. And no time to waste."

Trudeau said national govern-

ments like his own also have a lot they can learn from cities, and from the provincial premiers who've accompanied him to these talks.

More than 150 countries are represented at the conference, known as COP21, and more than 180 jurisdictions made emissions-cutting pledges in advance of two weeks of final negotiations that formally began Monday.

Hollande, whose nation was stricken earlier this month by its second deadly terror attack in 2015, portrayed the task of climate negotiators in vividly dire terms.

"I'm not choosing between the fight against terror and the fight against global climate change," he said in his opening address.

"Because we must leave our children more than a planet free of terrorism. We must leave them a viable planet."

The conference site, a sprawling airfield outside Paris, was a remarkable scene. More than one hundred country leaders and several thousand official delegates

and journalists converged in the City of Lights just three weeks after terrorists attacks.

Trudeau had been asked last week about the nexus of climate and terror after UN secretary general Ban Ki-Moon raised the link in Malta during a Commonwealth summit.

Trudeau said both have figured in every conversation he's had with other world leaders, whether at the G20 in Turkey, the Asia-Pacific leaders summit in Manila, or last week in Malta — but added, "I don't see a direct link there."

At a news conference Monday on the conference site, Trudeau said the three-month election campaign this fall that propelled his Liberals to power showed him that Canadians are ready to pitch in on fighting climate change.

"But they want to know that what they're doing fits into a bigger picture," said Trudeau. "Because there is no point in bending over backwards if your neighbour or your government is not also doing its part to ensure

We must leave our children ... a viable planet.

Francois Hollande

Paris, France



Prime Minister Justin Trudeau speaks during the UN climate change summit Monday in France. ADRIAN WYLD/THE CANADIAN PRESS

that we all have the maximum impact together."

Trudeau announced in Malta that Canada will contribute \$2.65 billion to a climate adaptation and mitigation fund, and on Mon-

day he added a pledge of \$300 million to clean technology innovation as part of a 20-country project headlined by Hollande, Barack Obama and Microsoft's Bill Gates. THE CANADIAN PRESS

TODDLER GOES VIRAL

Political junkie in diapers

She may still be in diapers, but Sophia Popalayar can do something many Canadians can't: the two-year-old can name several of



Sophia Popalayar
YOUTUBE.COM

Canada's new cabinet ministers.

Who is Canada's new prime minister, her father, Fawad Popalayar, asks in a video posted on YouTube. "Justin Trudeau," the youngster responds without missing a beat. "The honourable ... ?" her father prompts.

"The Right Honourable Justin Trudeau," Sophia replies, before turning her attention back to her Frozen-themed blanket.

Fawad said it took Sophia about a week to learn the names and positions of 15 Canadian cabinet ministers. But who is her favourite minister? Maryam Monsef, Canada's new Minister of Democratic Institutions, Sophia replies. TORSTAR NEWS SERVICE

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AIDS CONFERENCE

Fight for funding now critical

One of the largest organizations in the fight against AIDS could close up shop because it's running out of money.

South Africa-based TAC — Treatment Action Campaign — is one of a handful of groups meeting in Toronto on Tuesday to discuss the challenges they face as the world marks AIDS Day. The organization has been at the forefront of the battle against HIV in South Africa and across the continent. A big part of its \$20-million annual

operating budget comes from foreign donors.

But the contributions have been shrinking, with donors putting more and more money directly into government coffers rather than non-profits.

"This is a big concern to us," said Vusiyeke Dubula, TAC's former general secretary who teaches about the social aspects of HIV/AIDS at South Africa's Stellenbosch University.

The group could end some of its community programs

by March if it can't find new sources of funding, she said.

"It would be a disaster for South Africans," she said.

Of the 37 million around the world infected with HIV/AIDS, more than 25 million are in Africa. About 75,000 people live with the virus in Canada.

Toronto-based Steven Lewis Foundation, which organized the conference at Bell Lightbox, has committed to matching contributions to TAC's budget up to \$1 million. GILBERT NGABO/METRO

PEACE AWARD

Ex-child soldier's message of unity

Former child soldier Emmanuel Jal wants the world to stop fighting violence with violence.

The message is getting a big nod this week as the Toronto musician receives the World Citizen Artists award in Paris, a recognition of his work to promote peace through his art.

The award recognizes individuals and projects making a difference through creativity.

Education and tolerance are the only solutions to increased brutality gripping the world, Jal

says. "There's a lot of fear out there, and there's a lot of people who know how to benefit from fear. When we are scared, that's when we kill each other."

Hatred driven by fear is something Jal has known personally and fought hard to get away from. As a child soldier in South Sudan, he wanted "to kill as many Muslims as possible."

"But I've changed. I've come to know that as many Muslims are victims of terrorism as everyone else." GILBERT NGABO/METRO

IN BRIEF

No speaker role for Bélanger after diagnosis

Longtime Ottawa MP Mauril Bélanger won't seek to become House speaker after being diagnosed with ALS, also known as Lou Gehrig's disease.

"Under the doctor's advice, I have decided to withdraw my candidacy for Speaker of the House of Commons today but shall continue as the proud Member of Parliament for Ottawa-Vanier," the Liberal MP said in a note on Monday.

MICHAEL WOODS/METRO



BEIJING SMOG LEVELS HIT DANGEROUS HIGH A Chinese police officer wears a protective mask as he stands in a very hazy Tiananmen Square on a day of heavy pollution on Nov. 30 in Beijing, China. China's capital and many cities in the northern part of the country recorded the worst smog of the year with air quality devices in some areas unable to read such high levels of pollutants. KEVIN FRAYER/GETTY IMAGES

Summit an 'act of defiance': Obama

COP21

U.S. president delivers salute to Paris, urges climate action

Pushing for a powerful climate deal, President Barack Obama called the global talks opening Monday outside Paris an "act of defiance" against terrorism that proves the world stands undeterred by Islamic State of Iraq and the Levant (ISIL)-linked attacks in Europe and beyond.

Obama used his speech to salute Paris and its people for "insisting this crucial conference go on" just two weeks after attacks that killed 130 in the French capital. He said leaders had converged to show resolve to fight terrorism and uphold their values at the same time.

"What greater rejection of those who would tear down our world than marshalling our best efforts to save it," Obama said.

Obama's remarks came at the start of two weeks of make-or-break negotiations to finalize a sweeping global agreement to cut carbon emissions and hopefully stave off the worst effects of climate change. Obama exhorted leaders here to fight the enemy of cynicism — "the notion we can't do anything" about the warming of the planet.

After sketching dire threats of submerged nations, abandoned cities and ever-worsening flooding and natural disasters, Obama insisted that the grim future "is one that we have the power to change." He urged leaders to "rise to this moment," invoking the late Martin Luther King Jr.'s observation that there's such a thing as being too late to a cause.

"That hour is almost upon us," Obama said.

As the conference kicked off, the Obama administration announced it was pledging \$51 million to a global fund to help poorer countries adapt to climate change. THE ASSOCIATED PRESS

+ MILESTONES

1 Montreal, 1987: Governments adopt a treaty pledging to restrict emissions of chemicals damaging the ozone layer.

2 London, 1990: The first scientific assessment of climate change is released.

3 Kyoto, Japan, 1997: The Kyoto Protocol is adopted, setting binding emissions targets for wealthy countries. The U.S. doesn't join the treaty, claiming it would harm the economy.

4 Durban, South Africa, 2011: UN climate talks produce a major breakthrough as countries agree to adopt a universal agreement on climate change in 2015 that would take effect five years later and apply to all of them.

THE ASSOCIATED PRESS

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Plan

Russia sets produce ban against Turkey

SANCTIONS

Country's firms could also lose construction contracts

Russia will restrict imports of Turkish fruits and vegetables as part of a package of new sanctions following the downing of a Russian warplane by Turkey last week.

Deputy Prime Minister Arkady Dvorkovich said Monday that the produce ban could be deferred for "several weeks" to allow Russian firms to find new suppliers and curb price rises, according to state news agency RIA Novosti.

Russia has previously banned food imports from the European Union and United States over the Ukraine crisis, a measure which has been blamed for fueling price rises of food on the Russian market.

The new measures against Turkey announced at a meeting chaired by Prime Minister Dmitry Medvedev also include limits on Turkish construction firms' ability to sign new contracts in Russia and restrictions on road transport.

The measures come two days after Russian President Vladimir Putin issued a decree ordering sanctions against Turkey and calling for imports to be restricted, although he did not specify which goods were to be banned.

On Monday in Paris, Putin claimed that the plane was shot down to protect what he described as Turkish profiteering from illegal imports of oil produced by Islamic State of Iraq and the Levant rebels in Syria.

The new measures come on top of some already published in Putin's decree Saturday, such as an end to visa-free travel for Turks in Russia and to extensions of labour contract for Turks working in Russia as of Jan. 1.

THE ASSOCIATED PRESS



A trader prepares vegetables for customers at the Dorogomilovsky food market in Moscow, Russia.

ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

U.S.A.

Charges laid after shooting rampage

The man accused of a deadly shooting rampage at a Planned Parenthood clinic in Colorado Springs was told Monday that he will be charged with first-degree murder in the killing of three people, including a police officer, during the standoff at the facility.

Speaking in a raspy voice, white-bearded suspect Robert Lewis Dear appeared via a video hookup from El Paso County Jail, where he has been held since surrendering to police after the five-hour siege on

Friday.

Public Defender Daniel King, who represented Colorado theatre shooter James Holmes, stood beside Dear and will act as his counsel. Dear is expected to be formally charged on Dec. 9.

Dear, 57, is accused of fatally shooting a university police officer who tried to stop the attack, an Iraq war veteran and a mother of two inside the clinic.

The rampage sent nine other people to a hospital.

THE ASSOCIATED PRESS

ASYLUM SEEKERS

Turkey halts 1,300 migrants making way to Greece

Authorities in northwestern Turkey on Monday rounded up some 1,300 asylum seekers and migrants allegedly preparing to make their way into Greece, Turkey's state-run news agency reported.

Some 750 migrants were detained in a pre-dawn sweep in the town of Ayvacik, in Canakkale

province, which is a main crossing point to the Greek island of Lesbos. By the afternoon, authorities had detained 550 more people, some of whom were trying to hide in olive groves.

The migrants were put into buses and taken to a small, overcrowded detention centre for foreigners awaiting deportation.

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INFORMATION ABOUT THE TENTATIVE AGREEMENT BETWEEN THE NS GOVERNMENT AND THE NSTU

Nova Scotians recognize and appreciate the value of a stable education system. Teachers are a critical part of that system.

The negotiated, tentative deal between government and the Nova Scotia Teachers Union (NSTU) balances the interests of teachers with the public's ability to pay.

The deal includes wage increases, ensures junior teachers continue to receive pay increases as they advance on their pay scales and protects retirement allowances to ensure no teacher loses what they have accumulated to date.

Work will now continue on the education action plan, in collaboration with the NSTU, through a joint committee.

The needs of teachers and students remain a focus as we work together to generate new ideas and improve Nova Scotia's education system.



the big question

Should we allow scientists to edit human genes?

RESEARCHERS DISAGREE ON THIS POINT. Hundreds of experts and ethicists from around the world are holding a summit in Washington, D.C. this week to debate the limits of **human genome editing**, a biological cut-and-paste tool that lets scientists to spot a defective gene in a living cell and swap it out for a good one. The technique hasn't made its way out of the lab yet, but the potential is huge for treating and understanding disorders from cystic fibrosis to miscarriage, HIV/AIDS and cancer. The debate: Should manipulation be allowed on sperm, egg and embryonic cells? Such changes could affect future people who didn't give their consent. Already, a Chinese team has attempted to modify human embryos left over from in vitro fertilization, aiming to correct a deadly genetic disease. (They're still far from being able to safely attempt a pregnancy with an altered embryo). Attendees at the meeting will also hash out where the lines should be between treating illness, improving function, and selecting for desirable traits — creating so-called “designer babies.” SOURCE: THE ASSOCIATED PRESS

Pro-life rhetoric paved the way for violence



Michael Coren
For Metro

We're not precisely sure why 57-year-old loner Robert Lewis Dear attacked a Planned Parenthood clinic in Colorado Springs and murdered three people. By all accounts he is a troubled, mentally unstable man, but officials from Planned Parenthood claim he had also expressed hostility to abortion and to their organization in particular.

What we do know is at least four Planned Parenthood clinics have been targeted by arson attacks in the past few months alone, and the police

have been alerted to dozens of direct threats of violence.

There is nothing new, of course, about abortion providers being attacked — even in Canada — but Planned Parenthood has been a particular target after anti-abortion activists posted videos that they claim prove the women's health organization sells baby parts and performs abortions directly for profit.

Planned Parenthood argues the films are heavily edited and strongly misleading, but the result has still been a campaign of harassment, intimidation and abuse unprecedented in the abortion debate.

The facts are a little less absolute than the so-called pro-life movement would have us believe. Most of Planned Parenthood's work has nothing to do with abortion and deals with women — often from poor backgrounds — who require basic help with female health issues. Quite

simply, without Planned Parenthood they would suffer terribly and could even die. How ironic that the strongest critics of the organization are so opposed to Obamacare and any form of public medicine.

Abortion itself, however, is a delicate, nuanced and complex issue. Nobody likes the idea, but most people understand the need for reproductive choice. In all honesty, I wish we could reduce the rates of abortion, but I would try to achieve this by providing universal access to contraceptives, ensuring a good and modern sex education as early as possible, empowering women and eradicating poverty.

The leading opponents of Planned Parenthood disagree. They want criminalization of abortion and the closing of clinics, and most of them reject contraception and certainly oppose any sex education worthy of the name.

The other aspect of all this

is the incendiary nature of the language used by abortion opponents, to such a grotesque degree that violence seems almost inevitable. I spent the weekend researching online articles even by mainstream anti-abortion groups, and their use of Nazi imagery and accusations of “baby slaughter,” “genocide” and “mass murder” are legion. The illustrations they use are vile.

Even I have been targeted in the past 48 hours with the most obscene and accusing comments merely for calling for a lowering of the volume of the discussion. This is not about love for babies, but hatred for those who are pro-choice. And I fear we have not seen the last of it.

Michael Coren is a writer, broadcaster and author of the forthcoming *Epiphany: A Christian's Change of Heart & Mind over Same-Sex Marriage*.

ROSEMARY WESTWOOD

metroview



There is no 'greatest country in the world.' And that's a good thing.

I've just returned from Amer'ca, a nation so self-glorified that even its most vicious homegrown critics remain obsessed, if bitterly so. Every American's favourite topic is America.

As with any time I leave our borders, people asked me, “So, you're from Canada?” (Silence.) “Sorry, I don't know anything about Canada.”

But don't tell that to those who, in the context of welcoming Syrian refugees, are deeming this the “best/greatest country in the world/on earth.” They include a Toronto newspaper columnist, a Manitoba First Nations chief, and a former Sudanese refugee in Saskatoon.

It's a phrase well loved by Stephen Harper, one adopted with regularity by his MPs. It was tweeted by Justin Trudeau in 2013, then softened slightly in campaign mode to wanting his kids to “grow up in the best country in the world.” And we're but a mere shadow of American political boasting.

The claim is not only a terrible cliché as well as perpetually incorrect — it's also dangerous.

It doesn't matter that, as in the recent Canadian cases, our supposed superiority is being used to argue that we should welcome refugees into our wonderfulness.

Once you decide someone — or a whole culture — is below you, it's much easier to

deny their humanity. That is how we practise cruelty, and excuse it. Once you set up a hierarchy — and that “we” are at the top of it — only conflict can follow.

Indeed, it is following in France. The homegrown terrorist attack in Paris has swiftly become a talisman of the nationalist, far-right party. Anti-immigrant and anti-Islam sentiments are finding new wind. Even before the attacks, small-town far-right politicians were railing against the spread of the kebab shop as a threat to the boulangerie, and immigrants have fought to be viewed as equally French.

It's not that we — the West — don't have values or privileges worth defending. You can even keep your mild pride, if you must, but as the EU's ambassador to the U.S. recently told *Foreign Policy* magazine, “We know where an excessive nationalism can take you in Europe and we never want to go back there again.”

So let's not tell nice lies of superiority. Being the best in the world is a hyperbolic goal worthy of Donald Trump or Kim Jong-un, and we don't need raging nationalism to provide the basics to those fleeing war: namely safety, freedom, and hope.

Those aren't the hallmarks of some mythical, exalted society, but they are foundations of many quite good ones.

This is not about love for babies, but hatred for those who are pro-choice.

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49,603 km | Stock # P15-040



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65,872 km | Stock # P15-038



2014 CHRYSLER 300, TOURING
24,086 km | Stock # P15-033



2013 DODGE AVENGER, SXT
52,000 km | Stock # u14-040



2013 TOYOTA COROLLA, LE
34,420 km | Stock # M15-305A



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2013 VOLKSWAGEN JETTA, 2.0 TDI
33,101 km | Stock # m14-501a



2013 INFINITI G37X, SPORT
50,184 km | Stock # P15-045



2013 SUZUKI KIZASH, SX
14 km | Stock # p15-004



2012 CHEVROLET SONIC, LT
107,964 km | Stock # M15-282A



2015 FORD FUSION, SE
42,953 km | Stock # U15-022



2015 TOYOTA COROLLA, LE ECO
22,460 km | Stock # P15-090



2015 NISSAN TITAN, S CREW CAB 4WD
16,486 km | Stock # U15-009



2011 BMW 323, I
75,965 km | Stock # P15-055



2011 MERCEDES-BENZ C250
83,206 km | Stock # M15-344AA



2014 AUDI A4, 2.0 KOMFORT
40,325 km | Stock # P15-046



2011 MERCEDES-BENZ C-CLASS
46,396 km | Stock # P15-036A



2012 MITSUBISHI RVR, SE
121,074 km | Stock # P14-013



2012 MAZDA MAZDA3, GS-SKY
68,766 km | Stock # M15-337A



2014 CHRYSLER 300 TOURING
24,086 km | Stock # P15-033



2012 MAZDA MAZDA3, GS-SKY
58,602 km | Stock # M15-296A



2012 FORD FOCUS SE
55,796 km | Stock # M15-299A



2014 RAM 1500, ST
23,176 km | Stock # M15-207A



2013 VOLKSWAGEN JETTA, S
38,455 km | Stock # P15-047A



2013 MITSUBISHI LANCER, SE
56,000 km | Stock # P15-008



2013 KIA SOUL, 2.0L 2U
30,050 km | Stock # M15-345A



2012 HONDA CIVIC, LX
82,103 km | Stock # P15-001A



2012 FORD FOCUS S
62,000 km | Stock # N13-086A





INTERVIEW

Activist Jordan Figueiredo redefines the shape of fruit and veg waste

There is more to deformed produce than ridicule and contempt — just ask Jordan Figueiredo.

When not at his day job as a solid waste specialist for the Castro Valley Sanitary District in California's Bay area, Figueiredo runs the immensely successful @UglyFruitAndVeg campaign, one of the Internet's leading vehicles in the fight against food waste. It isn't a frivolous or quirky endeavour: in the United States, 26 per cent of produce is discarded before it gets to the grocery store. A lot is tossed out because it isn't the right size, shape or colour.

That's where Figueiredo comes in. He has used Twitter, Instagram, Facebook and Pinterest to spread awareness about produce that is rejected by large grocers because it's not perfect. He also writes articles and gives talks.

It is shocking to think that a quarter of produce never makes it to the stores, that it gets wasted.

It is wasted at harvest, post-harvest, selecting what is good. It is grocers and marketing associations that say produce has to be a certain size and way to meet cosmetic standards. It's easier for them (grocers) to stack, the produce looks perfect.

Size is the biggest reason (for discarding), not blemishes. It is really bizarre how it is.



Changing produce beauty standards

COURTESY THE @UGLYFRUITANDVEG CAMPAIGN

I've never understood why produce has to look good.

People believe that ugly produce isn't perfect, that there is something bad about it. I was like that, too. I think we have been conditioned that way — all we ever saw was perfect-looking produce, same-shape apples, size and colour. Even at farmers'

markets, I found that produce that wasn't perfect gets turned over. It is basically a developed-world problem.

The campaign has a massive following on social media. How did you make — as some would say — ugly produce look so pretty and palatable?

People have been drawn in because these images are quirky and funny. I used to post just what I saw. I get photos from all over the world now. It started slow — I would just post pictures but once I started writing funny captions that is when it started to take off. One time, Jamie Oliver (the British ce-

lebrity chef) retweeted four tweets and my phone didn't stop buzzing!

What do you want the campaign to achieve?

It's really simple: all stores should sell all produce. There is nothing wrong with deformed fruits and vegetables. Also, it is a burden for

farmers. For the most part, farmers barely make a living in the U.S. and in Canada. If their produce isn't accepted by grocers, they have to throw it away and they lose money. Big grocers can sell all this produce, with incentives or without. Changing the way they do business is an uphill climb.

Is there one vegetable or fruit that tends to be more imperfect or quirky than others?

Carrots are funny. I could post carrot pictures every single day. The shapes can be amazing: a carrot can look like a hand with five fingers, a carrot can be intertwined with another to make it look like someone making love. I can't even post some of them because they are so graphic.

This interview has been edited and condensed for length and clarity. TORSTAR NEWS SERVICE



“

Carrots are funny. I could post carrot pictures every single day.

Jordan Figueiredo



Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Breakfast cereals

We've always heard breakfast is the most important meal of the day. A nutritious bowl of cereal is a quick and easy way to get energized in the morning. While we know the candy-coloured kid's cereals are ones to skip, not all whole grain cereals are as healthy as you'd think. Also, the indicated serving size is rarely followed, since we tend to pour freely. A 2-cup serving is more realistic.

✓ PICK THIS

Multi-Grain Cheerios (2 cups)

Calories 220
Fat 3g
Sugar 12g (3tsp)



✗ SKIP THIS

Maple Raisin Nut Muslix (2 cups)

Calories 613
Fat 12g
Sugar 40g (10tsp)



⚖ HERE'S WHY

Equivalent: same amount of sugar as four Tim Hortons Chocolate Dip doughnuts

Whole grains are a great choice for breakfast, making both Multi-Grain Cheerios and Muslix seem like comparable choices for a smart cereal, but take a closer look. Muslix does have healthy whole grains, barley, fruits and nuts, but there is close to three times the calories and sugar, and four times the fat. Though much of this is due to the addition of nuts and dried fruit, the coconut and palm oil in the Muslix is not necessary. Enjoy the Cheerios and add your own fresh fruit (not dried) and just a sprinkle of nuts or seeds to make for a more nutritious breakfast.



Doctor with HIV says dog saved his life

WORLD AIDS DAY

Photo project tells story of emotional healing

Rob Garofalo was devastated. He'd built his medical and research career on helping young AIDS patients. Then he learned that he, too, was HIV-positive. The news came after he'd already survived kidney cancer and a breakup with his long-time partner.

Try as he might, the doctor could not heal himself, at least not emotionally.

"I couldn't afford myself the same compassion that I'd spent a career teaching other people to have," says Garofalo, who heads the adolescent medicine division at Lurie Children's Hospital of Chicago. At first, he told almost no one about his HIV status —not even his own elderly mother, who sensed that her son was struggling mightily during a Christmas visit in 2010.

"You can tell me that everything is OK, but it's not," she said, cupping her hands around

her son's face at the end of his trip to his native New Jersey.

Garofalo recalls crying on much of the flight home to Chicago in a catharsis that led him to an unexpected decision, one that helped him in ways no human could and ultimately led him to a new role in the HIV community.

He got a dog.

It was a little Yorkshire terrier he named Fred. And everything changed.

"I had this little bundle of, like, pure joy," Garofalo says. "He made me re-engage with the world."

The doctor, who's helped save many an AIDS patient, knows it sounds a little crazy that the companionship and simple needs of a pet could help him cope with his disease and pull him out of depression.

"But I'm not exaggerating when I say that he saved my life," says Garofalo, who'd considered suicide after his HIV diagnosis.

His journey back to life started with simple things. He had to leave the apartment where he'd isolated himself to buy food for Fred. He had to talk to the many people who wanted to stop and pet the little dog.



Lynnea Garbutt and Daniel Cardenas are both HIV positive and say their dogs have given them strength and hope. JESSE FREIDIN VIA THE ASSOCIATED PRESS

Garofalo also found comfort when he'd awoken with one of his frequent night terrors and have Fred to snuggle.

Eventually, Garofalo sought counselling and told his mother and friends about his HIV status. As his energy level grew, he also started a charity using Fred's image to raise money

for programs that help HIV-positive teens.

He began a project called When Dogs Heal, with the help of a dog photographer named Jesse Freidin and a Chicago-based writer named Zach Stafford. It tells the stories of HIV-positive people and their dogs in an exhibit launching in Chi-

cago today, which is World AIDS Day, and also in New York City two days later.

Participants whose images are in the show include a young mother from Los Angeles who was born with HIV, a Chicago man who tested positive after he was gang raped, and an HIV-positive man in San Francisco

+ DID YOU KNOW?

Having a dog reduces anxiety in kids

New York researchers have discovered that the presence of a dog in a home reduced children's anxiety. By creating a bond, stimulating conversation and facilitating social interaction, a canine companion helps to increase levels of oxytocin and to reduce levels of cortisol. AFP

who quit dealing drugs so he could provide a more stable life for himself and his newly adopted dog.

"I would be in bed and not want to get up, but this little doggy was whining, licking my neck and needed to get outside. I had to get up," says Lynnea Garbutt, the young mom. She says her wirehaired fox terrier, Coconut, eventually helped her muster the courage to leave an abusive relationship and also prepared her to care for her daughter, who recently turned 1 and is not HIV-positive thanks to medical interventions.

THE ASSOCIATED PRESS

RESEARCH

Facebook envy: It's complicated

Envy and an urge to 'keep up with the Joneses' drives Facebook users to post glamorous photos that portray their best selves, suggests new research from the University of British Columbia.

The study, which surveyed 1,193 Facebook users at a German university, found that many people are driven to post online because of a need to compete and keep up appearances.

But that can have negative consequences for users' emotional wellbeing, the researchers warn.

"Social media participation has been linked to depression, anxiety and narcissistic behaviour, but the reasons haven't been well-explained," Izak Benbasat, senior author of the study and a professor in UBC's Sauder School of Business, said in a news release.

"We found envy to be the missing link."

For the study, Benbasat and his co-authors asked survey participants a series of questions about their Facebook habits and cross-referenced them with the feelings they reported when using the platform.

The leading cause of Facebook envy? Travel photos, the



The urge to 'keep up with the Joneses' drives Facebook users to post glamorous travel and life photos, creating a vicious circle of post envy. iSTOCK

researchers found.

Benbasat said witnessing photos of friends having fun and visiting exotic locales makes people to feel their lives are unfulfilling by comparison, which in turns sparks a vicious cycle of jeal-

ousy that prompts them to also post online.

However, he said, Facebook posting is not motivated by the desire to make others jealous, but rather because of a desire to make themselves feel better.

"If you feel envy, then as a reaction, you will also try to post something on Facebook that will make you feel better," he said in an interview. "It's a coping mechanism of self enhancement."

While Benbasat believes social media behaviour is unlikely to change, he urged users to be aware that there is a negative side of social media.

"We can't prevent people from posting because then Facebook will no longer have any meaning," he said.

"You have to take the good with the bad, but I think it's important for people to know that there is a bad side and to be aware of it."

The study, Why Following Friends Can Hurt You: Empirical Investigation of the Effects of Envy on Social Networking Sites, was published in the latest issue of the journal Information Systems Research.

THANDI FLETCHER/METRO VANCOUVER

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NOTICED NATIONWIDE THE DRESS Weather reporters across the U.S. have been wearing the same dress from Amazon. The dress was reportedly originally shared to a private Facebook group for weather broadcasters, and took off from there because it adhered to the guidelines meteorologists are subject to when it comes to what they can wear on TV. "At \$23 we could buy a handful of these dresses for what we normally pay for just one," Meteorologist Shelby Hays told TechInsider. "Many female meteorologists are subject to a strict dress code for what they can and cannot wear on air. Patterns are considered 'too busy' and there are often regulations on sleeve length or style," Tech Insider reported. FUJITAGILR83/IMUGR.COM

JOHANNA SCHNELLER WHAT I'M WATCHING

A strained self-awareness

Doll & Em: Season 2, Episode 5 (HBO)

The actress Emily Mortimer (*The Newsroom*) and her best friend Dolly Wells, playing fictionalized versions of themselves, have written a semi-autobiographical play that's about to open off-Broadway. The rehearsal process has been fraught; there's palpable tension between the playwrights and the actresses playing them, Olivia Wilde and Evan Rachel Wood. Now all four women are sitting with an eager reporter.

"Why did you cast much younger actresses to play you?" the reporter asks Em. "I wouldn't say 'much' younger," Em demurs.

"Oh, yes, much," Wilde and Wood sputter.

"At least ten years," the reporter says blithely.

"Really, ten years?" Em mutters, rattled yet irked.

This series is nothing if not subtle — the humour sneaks up on you. Only after I finished all 12 episodes (divided over two seasons) did I really get it: It's about reinvention.

How easy it is to get stuck in one definition of ourselves. How much we yearn to change, to become someone no one expects us to be. And how difficult it is to break out of that box — because of



Wells and Mortimer, creators and stars of Doll & Em. CONTRIBUTED

self-doubt, yes, but also because others don't want us to.

The show's creators, Mortimer, Wells, and Azazel Jacobs, made the smart decision to throw no external obstacles in Doll and Em's path: They easily land a producer, a theatre, a cast. So they'll either succeed by their talent, or fail on their limitations. Em is a star and Doll a civilian, but their problem is the same: Whatever happens, it's all on them.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

BREAKUPS

Joe Jonas is apparently jealous

Should we be worried about Joe Jonas? He's apparently not taking the news of ex-girlfriend Gigi Hadid shacking up with Zayn Malik very well — at least if his social media activities are any indication.

Just as Hadid's new romance was starting to heat up, Jonas went and unfollowed her on

Instagram — which, to be fair, makes sense. But he also unfollowed Malik, probably because the former One Direction member is likely to start posting photos of Hadid now that they've reached the hand-holding-in-public stage of their relationship. And then — and then! — Jonas also deleted a photo from

Twitter taken back in June of him with Malik and Kanye West hashtagged "squad." Guys? He really seems upset. NED EHRBAR/METRO



LIFESTYLE

Katie Holmes is not relatable

Katie Holmes does a terrible job of trying to come off as a relatable New Yorker in her new *Ocean Drive* magazine profile, and it's kind of amazing.

"I'm a normal person and I do walk around," she insists. "If you're having a bad day, you just take a walk, and it's not only that

you see people who are having a worse day than you, it's just that you're in life. You suddenly can't be stuck in whatever problem you're in because you have to hail a cab or you have to get a subway ticket. There's more than just you, and I think the harsh winters give you a little

bit of character."

OK, where to begin? How about with the whole making yourself feel better by seeing people worse off than you? That's bold. Also, subway ticket? Not that I believed she actually took the subway, but still.

NED EHRBAR/METRO



GOSSIP IN BRIEF

Saget not at Olsen's intimate wedding

Are you bummed that you didn't score an invitation to Mary-Kate Olsen's swanky Manhattan wedding to Oliver Sarkozy this weekend? Well, at least you're in good

company. Full House co-star Bob Saget didn't get one either.

"I was not invited, but I'm very happy and I sent a Mazeltov text," Saget tells the Today show. "I hope they're happy."

So what did you and Saget miss out on? In appropriately

French fashion, the reception reportedly featured "bowls and bowls filled with cigarettes, and everyone smoked the whole night," according to Page Six. NED EHRBAR/METRO

Faith Domestic Medium Hair

Nine-year-old Faith is coping admirably well considering her guardian died recently. She has a friendly, calm, dignified personality and enjoys attention and being petted. She is dignified, that is, until the dangly mouse toy makes an appearance and then she turns into a big goofy kitten. Faith is a fun cat with a loving nature and a sweet personality. Her soft tabby fur, topped off with those big glowing green eyes combine for a face that is hard to resist. **Please visit Faith today...and find out how rewarding it is to bring an older cat into your life.**



For more information on **Faith** and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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LEARNING CURVE

What did you learn this semester?

Depending on what your major is, hopefully you learned more about calculus, forestry or inner-city development. But more importantly, this past semester has been a time for students to simply become better students.

How and when to study, when to take a break and how to shut off social media are all important skills that students must learn. For many, staying on track is a long-standing challenge.

"My biggest challenge this semester was staying focused on the work at hand," said University of Winnipeg student Adrienne Tessier. "I would constantly be distracted by looking at graduate programs or law schools. I think it comes from getting closer to the end of my degree. But I'm learning that I can't leapfrog over my undergrad if I want to both enjoy this time and reach where I want to be."

Tessier is in her third year of a honours degree in political science. She says that while getting good marks is always a priority, her number one goal is to enjoy herself along the way. "Mental health is important," she says.

Fourth year biological sciences student Tobi Nifesi says his biggest obstacle this past semester was time management. Nifesi finds visual scheduling to be a useful tool.

"I tackle it by making a mental list of priorities based on urgency and importance," he says. "I give myself deadlines and use a productivity board."

Already preparing for another semester, Nifesi says he would advise students in his shoes to be realistic about how much work they'll be able to do.

"Be realistic and practical with your time," he suggests. "Don't take on more than you can chew... and don't play first,

work later. There will be enough time for play if you finish your work earlier." With only a few courses left in his undergrad, Nifesi says his goal is simple: "Ace them." When it comes to majors like politics that can be subjective in nature, you tend to get out what you put in. Tessier suggests asking questions and examining different angles.

"Examine the viewpoints that you're being taught," she says. "So much of politics is inquiring about things for yourself, especially if you want to get the most out of your degree."

Her study hack is a Chrome extension called Strict Workflow, which blocks any websites that tend to be procrastination go-to's. For Nifesi, a quiet room without too many distractions does the trick.

"Somewhere without too many windows works for me," he says. gasgasqw

-ALANA TRACHENKO



ALANA TRACHENKO

Enrich the lives of those you work with

The human services programs at Success College can help you get on the right path to a career that will enrich your life — and the lives of those you work with.

The counselling skills program will prepare you to work as a counsellor in addictions, mental health, victims of abuse, at-risk youth and many more.

"Our counselling skills program trains you to enter into private practice or become a certified counsellor," says Janice Currie, director, Success College.

This is a high-quality program accredited by the Canadian Professional Counsellors Association, the Canadian Addiction Counsellors Certification Federation, and the Canadian Council of Professional Certification.

Success College has also received the highest accreditation possible for its industry.

Most recently, the counselling skills program was also accredited by The Indigenous Certification Board of Canada.

In 2010, Health Canada selected the Indigenous Certification Board of Canada (formerly FNWACCB) as the national body to ensure high standards of competence among First Nations Wellness/Addictions Counsellors.

"The ICBOC certification attests to the professional qualifications and com-



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petence of certified counselors," says Currie.

Certification provides a measure of competence that will be recognized far beyond First Nations communities, and constitutes an important step to ensure the continuation of First Nations wellness and addictions programs.

"Indigenous communities will benefit from professionally certified and culturally competent workers leading to healthy families and communities," says Currie. For more information, visit successcollege.ca.



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Learn from the industry experts

While Maritime Business College has always offered students new programs to meet the changing needs of industry, and update existing programs to ensure that students are expertly trained, they also ensure that students learn from instructors who are industry experts.

When MBC first opened its doors in 1899, 'accountancy' was at the forefront of their programming — and the founder himself was a C.A.

Today, the instructors of the accounting specialist program are highly trained industry experts. Susan Johnston, instructor of the accounting specialist program is a graduate of St. Francis Xavier University, where she earned a B.A. and B.Ed. She has taught fundamental accounting for over 30 years, and is one of the premiere instructors in the Maritimes.

Johnston has mastered the art of teaching accounting concepts in a simple, progressive way, and provides one-on-one support to students that sometimes find accounting



CONTRIBUTED

principles challenging.

"Her commitment to excellence has prepared many students for long, successful careers in bookkeeping and accounting administration," says Janice Currie, director, Maritime Business College.

Instructor Eric Wagner, also brings a wealth of industry knowledge to the program.

Wagner graduated with an accounting diploma from Humber College in Ontario in 1983.

"We are pleased to have Eric's broad experience in accounting and taxation to enhance the learning experience of our students," says Currie.

"His teaching approach is very open and he offers a comfortable classroom environment for his students." For more information, visit maritimebusinesscollege.ca.

Keep up to date to changes in the filmmaking industry

daVinci College is excited to announce new changes to its popular filmmaking program.

"Our program teaches you the technical side of filmmaking to bring your commercial, movie or documentary idea to life," says Janice Currie, director, daVinci College.

"Equally important, we teach the marketing and managerial skills necessary to launch your career, and with a film portfolio that will open doors."

To keep up with the ever-changing filmmaking industry, daVinci College has now updated the program to include extensive training in broadcast production, advanced techniques in film and television, narrative film production, and documentaries.

This training includes script development, pre-production, project management, film and audio production, and editing & post-production. To help students to keep their creative juices flowing outside of the classroom, each student of this program receives their own Canon T5i camera as part of their tuition, giving them the freedom and independence to develop their own projects.

Many of daVinci's present students and



CONTRIBUTED

recent graduates are working in the field.

"The present class of students just finished working on the production of a feature film called *The Only Game In Town*, filmed in Pictou County," says Currie.

Currie says the students worked as gaffers, grips and second camera operators.

This new program has been submitted for approval to the Department of Labour and Advanced Education.

For more information about the filmmaking program and the recent changes to the program, visit davincicollege.org.

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HDC adds hands-on esthetics program

For more than 40 years, Hair Design Centre (HDC) has served as the premiere hair and makeup school in the Maritimes. According to HDC's director of school operations, Tara Barnhill-Lawrence, 100 per cent of HDC's most recent graduating class were placed in jobs upon graduation or shortly after.

HDC is owned by Salon Resource Group — a company that has grown to encompass more than 20 salons operating under four diverse brands: Vitality Medi Spa, HS Studio Salonspa and the Head Shoppe. With more than 400 associates throughout Nova Scotia and New Brunswick, Salon Resource Group is the largest single employer of beauty professionals in Atlantic Canada.

HDC has recently added a new program to their curriculum: the Esthetics Program. Students are first equipped in the classroom with the skills and knowledge required in the growing field of esthetics, which they then apply hands-on at HDC's full-service Salon Spa.

With a new term beginning in February 2016, the full-time Esthetics Program covers 1,500 hours over about 40 weeks, during which time students gain a solid foundation of the fundamentals of esthetics — from facial services, to hair removal, to makeup. Students are educated in the general science of esthetics, including infection control, skin chemistry and general anatomy.

In Nova Scotia, esthetics is a legislated licensed trade, and graduates of HDC's Esthetics Program receive a diploma in esthetics followed by an exam administered by the Cosmetology Association of Nova Scotia. Upon passing the exam, graduates can begin their career in esthetics.

Featuring four training rooms, one classroom, two practical rooms, a 23-station salon floor and a complete spa zone, HDC also offers a full-time Hair Program and a part-time Makeup program in addition to the new Esthetics Program.

The Hair Program prepares graduates for



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a career in hair design by teaching the basic foundations of hair cutting, styling, colouring, and customer service. The Makeup Program prepares graduates for a career in makeup artistry by educating them on application techniques, products, and the specialized approaches required for photography, film/TV, and high definition.

To apply online for one of HDC's programs, visit hairdesigncentre.com/school/apply online now or call (902) 455-0535 for more information.

Located at 278 Lacewood Dr. Halifax, HDC's salon is open to clients Monday 9:30 a.m.-5 p.m., Tuesday-Friday 9:30 a.m.-9 p.m., and Saturday 9:30 a.m.-5 p.m.

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Eskimos shed mediocre tag

CFL

Longtime staff, players, fans rewarded with Grey Cup

The Edmonton Eskimos returned home with the Grey Cup Monday in what the team and fans agreed was as much a celebration of excellence as an exorcism of a decade of mediocre football.

"Having been here my entire career ... those dark years were really personal for me, and we worked tirelessly at trying to make sure that we could deliver something that these fans deserve," said Eskimo general manager Ed Hervey.

Eskimo quarterback Mike Reilly agreed, as behind him fans took pictures of the slightly pockmarked Cup as it sat on a table in the airport reception lounge.

"It's been 10 long years and we're just excited about having the opportunity to go and take that cup to our fans," said Reilly.

"We all did it together. They stuck with us through the dark times and that's what we had to go through to get to the bright times."

The Eskimos brought home their 14th Grey Cup, landing before noon at the Edmonton International Airport in a plane decorated in CFL team logos.

They were greeted by green and gold clad fans, cheering, blowing horns and singing the team's fight song.



Eskimos head coach Chris Jones carries the Grey Cup through the airport after returning to Edmonton on Monday.

JASON FRANSON/THE CANADIAN PRESS

With players, their families and fans it was over 200 people in the waiting lounge.

The Eskimos defeated the Ottawa Redblacks 26-20 at Investors Group Field in Winnipeg for their first Grey Cup win since 2005.

But it wasn't just the decade-long drought that followed that left a dry taste in fans' mouths. It was also the chronic mismanage-

I think I'm most proud of (the fact that) the culture of the Edmonton Eskimos is back.

GM Ed Hervey

ment tinged by moments of melodrama for a team that was once the (green and gold) standard of the league.

Until 2006, the Eskimos had not missed the playoffs since

1972, a string of 34 consecutive seasons.

The Eskimos had authored two dynasties, for three years in the mid-1950s and then five in a row starting in 1978.

But since 2006 the Eskimos have not strung together more than two consecutive playoff seasons, missing the post-season four times. When head coach Chris Jones took over in 2014, he inherited a 4-14 ballclub.

Coaches came and went: Danny Maciocia, Richie Hall and Kavis Reed.

Eric Tillman came in as general manager in

+ PARTY TIME

The city will host a noon-time downtown Cup celebration for the Eskimos on Tuesday.

2010, traded franchise quarterback Ricky Ray, frittered away the lifeblood Canadian content on the roster, and was gone by 2012.

Anger often boiled over, like in 2009, when defensive end Xzavie Jackson, after a fight with teammate Aaron Fiacconi in practice, left the field only to return moments later, marching toward Fiacconi with a shovel. Maciocia managed to intervene.

Even Hervey, the famous former Eskimos receiver who took over for Tillman in 2012, was not immune.

Frustration in 2013 over what he was seeing on the field led him to angrily announce roster and play-calling changes that led to questions over whether Reed had become a figurehead coach.

Lori and Seth Noble, season ticket holders since 2008, endured most of that, but said they always believed the team would come around.

"We've been hanging in there through the rough years, but we've always seen really good potential," said Lori, one of the fans on hand to greet the team.

Seth said they had come from a long night of celebrating the Cup win in Drayton Valley.

"It was great," said Seth. "It's what we've been waiting for."

THE CANADIAN PRESS

'We've been built to do this multiple times'

Mike Reilly doesn't see the Edmonton Eskimos being one-hit wonders.

The Grey Cup MVP believes the Eskimos have the framework in place to win multiple championships.

"We'll celebrate it, recoup for a couple of months but then the work gets that much harder because we're not built to do this once," Reilly said. "With the GM we have, the coaching staff we have and the players they've brought in, we've been built to do this multiple times and it's on us to make sure that happens."

The road to the Grey Cup

+ GM'S WORRIES

Edmonton GM Ed Hervey has plenty of work to do this off-season, with the likes of kicker Sean Whyte, running back John White, receivers Adarius Bowman and Shamawd Chambers (Grey Cup's top Canadian), defensive lineman Al-mondo Sewell, linebacker

J.C. Sherritt and defensive back Aaron Grymes all projected to become free agents. And then there's Chris Jones, who the Saskatchewan Roughriders are reportedly interested in speaking to regarding their vacant head coach/GM positions.

hasn't always been a smooth one for Reilly and the Eskimos. In 2013, the club finished last in the West Division with a 4-14

record before hiring head coach Chris Jones.

In 2013, Edmonton showed marked improvement, finishing

second in the conference with a 12-6 record. But Calgary was a huge thorn in the Eskimos' side, sweeping the season series 4-0, including a one-sided 43-18 victory in the West Division finale en route to capturing the Grey Cup.

But Edmonton exorcised those demons this season, finishing tied with Calgary with a CFL-best 14-4 record but garnering first in the West by virtue of winning the season series 2-1. Then the Eskimos dispatched the defending champions 45-31 in the division final.

"It's been a process," Reilly said. "I think through the 4-14

season we learned how not to win, we learned how to lose the close games.

"Last year we learned how to win those close games but we learned how to lose the big games. This year we finally learned how to win the big ones. It's been a three-year process in my mind and that's why I say I think we've been built for the long haul to do this multiple times."

THE CANADIAN PRESS



Mike Reilly
GETTY IMAGES

NHL IN BRIEF

Rangers' Stepan out for 4-6 weeks with broken ribs

Rangers coach Alain Vigneault said centre Derek Stepan will miss four to six weeks because of broken ribs.

Vigneault made the announcement Monday following the New York Rangers' morning skate. Stepan injured the ribs in Friday's loss to Boston. He has six goals, six assists in 23 games this season.

THE ASSOCIATED PRESS

First star for Dallas' Benn

Dallas Stars left-wing Jamie Benn, Washington Capitals goaltender Braden Holtby and Montreal Canadiens centre Alex Galchenyuk have been named the NHL's three stars of the week.

Benn shared the league lead with four goals and six points as the Stars continue their best start to a season in the franchise's 48-year history (19-5-0, 38 points). Holtby posted a 4-0-0 record with a 1.75 goals-against average, .945 save percentage and one shutout to lead the Capitals to the top of the Metropolitan Division standings. THE CANADIAN PRESS

McDavid's rehab is flying but not facing Leafs 'sucks'

NHL

Oilers' star sad to miss Toronto game but return to ice is closer

Connor McDavid will have to wait at least another 11 months to play his first NHL game at Air Canada Centre. He won't have to wait as many months as feared to get back into game action.

Originally considered out "months" with a broken left clavicle, McDavid said Monday that his rehab is ahead of schedule. This year's top draft pick who was injured Nov. 3 isn't skating yet, but he says he's pain free and hopes to be back sooner than expected.

"Obviously it's healing well," McDavid said. "It's kind of the long run where it feels good and you want to start doing everything, but at the end of the day you've still got to let it heal." McDavid, considered a genera-

tional talent, had five goals and seven assists in his first 13 games with the Oilers. That kind of start made him a front-runner for the Calder Trophy as rookie of the year.

He was starting to feel comfortable at the pro level when he slammed into the boards in Edmonton against the Philadelphia Flyers and broke his collarbone. Coach Todd McLellan called McDavid a "catalyst" who made team mates, namely Nail Yakupov, better.

"We think that Connor is one of our top players as an 18-year-old," McLellan said before Edmonton's game against the Toronto Maple Leafs. "You take anybody's star player out of the lineup and it's a big hole to fill."

The Oilers were 5-8-0 with McDavid in the lineup and are 3-6-2 since. A victory in Pittsburgh on Saturday made for a better mood

around the team, but it's clear there's a ways to go.

From afar, McDavid sees a team that is close to winning but not close enough.

"We just seem to find ways to lose games," McDavid said. "I know that's not an excuse or anything, it's a mindset, and if we could find a way to switch some of those one-goal games around we'd be in a different situation."

McDavid said he'll let doctors figure out when he'll be able to return. In the meantime he's warming up his shoulder before working out and trying to stay in shape. Mentally it has been difficult on McDavid to miss so much time early in his professional career. Canadian world junior teammate Darnell Nurse said he and other Oilers

players have been trying to keep McDavid's spirits up.

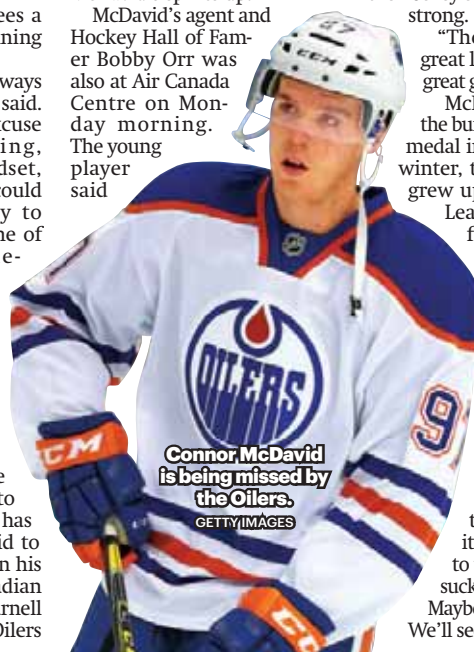
McDavid's agent and Hockey Hall of Famer Bobby Orr was also at Air Canada Centre on Monday morning. The young player said

the support he has received from the hockey community has been strong.

"The hockey world is great like that, they're all great guys," McDavid said.

McDavid was back in the building he won a gold medal in with Canada last winter, the same place he grew up watching Maple Leafs games as a fan from nearby Newmarket. He was disappointed not to be able to take the ice in Toronto for the first time in the NHL.

"Obviously this one hurts a lot," McDavid said. "You want to play here in your hometown. I was definitely looking forward to this one, for sure. It sucks, but it is what it is. Maybe for the World Cup. We'll see." THE CANADIAN PRESS



Connor McDavid is being missed by the Oilers. GETTY IMAGES

We just seem to find ways to lose games.

Connor McDavid on the Oilers' form since his injury

CANADIENS

Fucale to benefit from Price layoff

The Montreal Canadiens survived one nine-game stretch without star goaltender Carey Price, but now they'll be missing him a lot longer. The Canadiens announced Monday that Price will be out at least six weeks with a lower body injury that he sustained during a 5-1 win over the Rangers in New York last week. He will not require surgery.

Last season's Hart and Vezina trophy winner is expected to miss at least 16 games, with only a slim chance he could return for the Winter Classic on Jan. 1. The injury returns first-year back-up



Carey Price
GETTY IMAGES

Zach Fucale
TORSTAR NEWS SERVICE

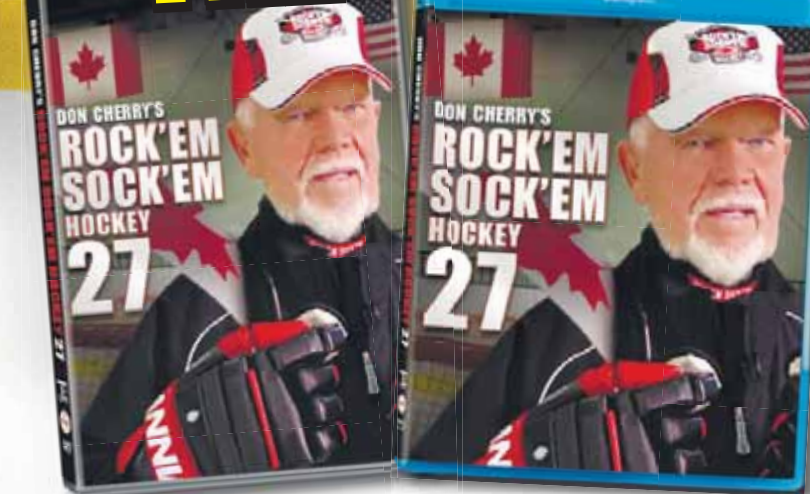
Mike Condon to the hot seat.

The Boston-area native went 5-2-2 the last time Price was out from late October to mid-November, although he started to look shaky at the end of that run. General manager Marc Berge-

vin said he will not go shopping for another goaltender just yet. "We've Mike and Ticker (Dustin Tokarski). I was at (an AHL game) and Zach Fucale played really well. That's why you have many goalies in your system."

Former Herd goalie Fucale — who led the Mooseheads to their only Memorial Cup win — was recalled from St. John's of the American Hockey League on Monday to back up Condon. Tokarski, who allowed two goals in one period of NHL action this season, was assigned to the Ice Caps. THE CANADIAN PRESS

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- 6 Nathaniel Rateliff & The Night Sweats S.O.B.
- 5 Daya Hideaway
- 4 DNCE Cake By The Ocean
- 3 Ariana Grande Focus
- 2 Adele Hello
- 1 Justin Bieber Sorry

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Los Angeles Lakers forward Kobe Bryant tells media why he decided to announce his retirement, prior to Sunday's game against the Indiana Pacers. ALEX GALLARDO/THE ASSOCIATED PRESS

Kobe farewell tour opens up in Philly

NBA

Bryant knows the City of Brotherly Love also has haters

Kobe Bryant's farewell tour begins in the city that loves and hates him.

Bryant will play his first road game since announcing he'll retire after this season in his hometown Tuesday night against the winless Philadelphia 76ers (0-18).

The five-time NBA champion's relationship with Philly fans has been turbulent throughout his 20-year NBA career in Los Angeles. Some love him. Some hate him. Regardless, nearly everyone respects his superstar talent.

“If the Sixers couldn't win it all, I rooted for Kobe.”
Fan John Passero

With the 76ers, Eagles and Flyers all struggling, Bryant's return was a hot topic on sports radio on Monday.

Born in Philadelphia, Bryant spent much of his childhood living in Italy where his father, Joe Bryant, played pro basketball. When his family moved back to the United States, Bryant went to Lower Merion High School, located in an affluent suburb about nine miles west of downtown Philadelphia.

“He was a spoiled rich kid who grew up in a fancy suburb,” said Louis Manitti, a

former season-ticketholder. “He was never one of us. He wasn't a hard-working blue-collar guy.”

But nothing turned fans against Bryant more than a bold statement he made during the 2001 NBA Finals when the Lakers played Philadelphia. Iverson led the Sixers to a victory on the road in Game 1 and the Lakers won Game 2. Afterward, Bryant said he wanted to come home and “cut their hearts out” by winning the series in Philadelphia. The Lakers did just that, winning three straight games to clinch the NBA championship.

“I liked Kobe until he said he wanted to rip our hearts out,” said Michael Rivers, a part-time season ticketholder.

Bryant has never apologized for that comment.

THE ASSOCIATED PRESS

SOCCER

Neymar joins Messi, Ronaldo on shortlist for Ballon D'Or

Neymar made the three-man Ballon D'Or shortlist for the first time on Monday alongside Barcelona teammate Lionel Messi and title holder Cristiano Ronaldo.

The 30-year-old Ronaldo has won two consecutive world player of the year titles since ending Messi's four-year winning streak and is nominated despite failing to win any trophies with Real Madrid in 2015.

Neymar, though, won a treble with Messi at Barcelona, en-



Neymar THE ASSOCIATED PRESS

sureing he became the first Brazilian finalist since 2007 winner Kaka. Neymar, 23, has 41 goals across the calendar year for Barcelona — three fewer than the 28-year-old Messi — but one blot is the four-match ban from Brazil games imposed

at the Copa America following a red card.

The winner is announced at a FIFA awards gala in Zurich on Jan. 11.

Chile's Jorge Sampaoli is a finalist for men's coach of the year after winning the Copa America title. Barcelona's Luis Enrique, who led his team to the Champions League title, also is a finalist along with Bayern Munich's Pep Guardiola.

THE ASSOCIATED PRESS

metro OBITUARIES

JENKINS, Jerome Wayne “Jerry”



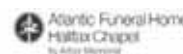
It is with broken hearts that the family of Jerome “Jerry” Jenkins announces his courageous and peaceful passing on the morning of Sunday, November 29, 2015 at the QEII Health Sciences Center. Born in Halifax on November 10, 1943, Jerry was the son of the late Alfred and Velma (Burgess) Jenkins. His colourful and entertaining life involved many successful ventures including mastering the car sales business at MacLellan Lincoln Mercury and Wood Motors Ford in Halifax. Ever the conversationalist, Jerry could amuse anyone with his mischievous smile and lively stories. A heart like no other, he was a kind and generous soul, making lifelong friends wherever he went. Jerry loved spending time with his grandchildren and could be found treating them to a meal, finding directions to the nearest hockey rink or baseball field and picking up candy to fill in their pockets. He is survived by his loving children, Jason (Amanda), Lisa (Edward) and their mother, Jacqueline Jenkins; his adoring and heartbroken grandchildren, Matthew, Zachary and Tori; his brothers Eric, Dennis, Barry and Kevin; his sisters Barbara, Carol, Jacqueline, Sherry and Arlene; and many nieces and nephews who all held a very special place in his heart. Besides his parents, Jerry was predeceased by his brothers Clyde, Ronnie, and Brian; his sister Karen and his sister-in-law Paulette. Jerry's family would like to extend their most heartfelt thanks to all of the doctors, nurses and personal care workers at the QEII who provided care and comfort throughout his stay. A very special thank you to Lisa Sullivan and the staff of Freeman's Little New York who went above and beyond to show Jerry just how special he was. In lieu of flowers donations can be made to the Canadian Cancer Society. Visitation for Jerry will be held on Thursday, December 3, 2015 from 2-4 and 6-8 p.m. in Halifax at Atlantic Funeral Home, 6552 Bayers Rd. A Celebration of Life will be held on Friday December 4, 2015 at 11 a.m. in Dartmouth at Atlantic Funeral Home, 771 Main St. Reception to follow at Freeman's Little New York on Dutch Village Road. Online condolences may be made at: www.atlanticfuneralhomes.com (Halifax)

WELSMAN, Georgene



60, of Lower Sackville, passed away Saturday November 28, 2015 at the QEII Health Sciences Centre Hospital, Halifax. Born in Halifax she was the daughter of George Morrison and the late Elizabeth (Cody) Nickerson. Georgene was a member of Seaside Community Baptist Church. She is survived by her husband of 43 yrs., Gary Welsman; daughters, Elizabeth (Stacie), Donna (Jamie); sons, Christopher (Chelsea), Patrick; brother, Hugh (Michelle) Morrison; two grandchildren; several nieces and nephews. Cremation has taken place under the care and direction of Atlantic Funeral Home, Sackville Chapel. A memorial service followed by a reception will be held at 2 pm Thursday December 3rd at Stoneridge Fellowship Church, 85 Temple Terrace, Lower Sackville. Pastor Kamal Sampara officiating. In lieu of flowers, donations in memory may be made to the Kidney Foundation of Nova Scotia.

On-line condolences may be sent by visiting:
www.atlanticfuneralhomes.com



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For more information on how to place a death notice in Metro, please contact:

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RECIPE Butternut Squash and Black Bean Quesadillas



PHOTO: MARY VISENE

Ceri Marsh & Laura Keogh
For Metro Canada



This is an immunity-boosting, vitamin packed recipe. But you can just tell your family that you're having quesadillas for dinner!

Ready in

Prep time: 45 minutes

Serves 4

Ingredients

- 15 cups butternut squash, peeled and cubed
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- 1 tsp chili powder
- Pinch of salt and pepper
- 1 Tbsp olive oil
- 1 x 14 oz can black beans, rinsed
- 2 cups grated cheddar cheese (or Monterey Jack or Mozzarella)
- Big handful of cilantro, chopped
- 8 tortillas

Directions

1. Preheat the oven to 350 F.

2. In a large bowl, toss cubed squash with the spices and olive oil until well coated. Spread evenly on baking sheet and place in oven for 20 minutes. Remove from oven and add beans to the baking sheet. Stir together and spread evenly. Place back in the oven for another 20 minutes.

3. Drizzle oil in a skillet over medium heat. Place a tortilla down and spread 1/4 of the squash and bean mixture right to the edge of the tortilla. Sprinkle 1/2 cup of grated cheese and a bit of cilantro. Top it with another tortilla. Place a plate on top and press down firmly. Cook for about 5 minutes until the tortilla is golden and the cheese is beginning to melt. Carefully flip the quesadilla over and cook for another five minutes.

4. Repeat with the rest of your tortillas and squash. Cut the cooked quesadilla into quarters like a pizza and serve with guacamole, sour cream and salsa.

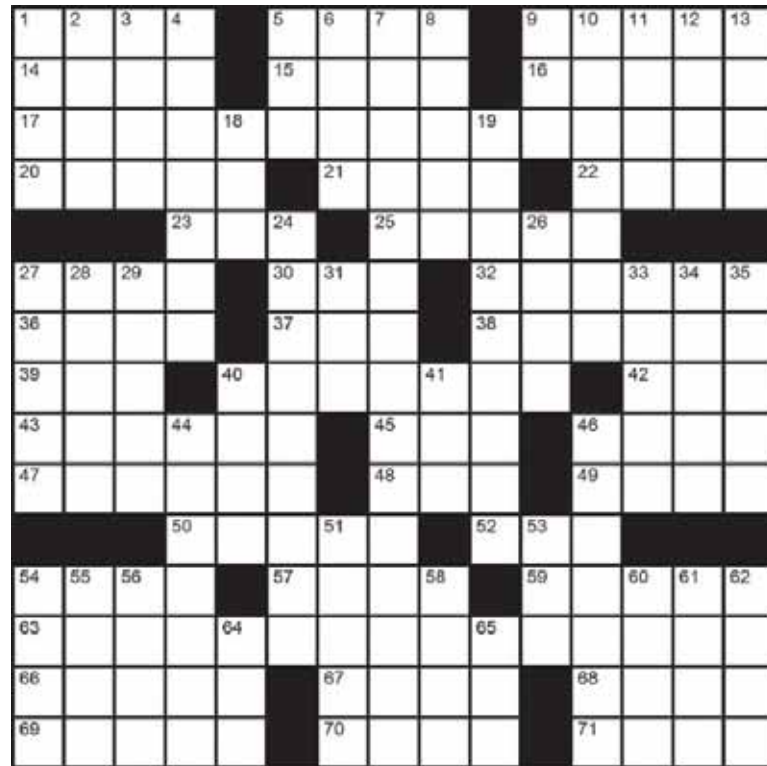
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Wizard's tool
5. Posh cars
9. Prized violin, e.g.
14. 'Acoustic Soul' artist, India. _
15. Hurt
16. Prefix to 'comedy' (Theatrical genre)
17. High-tech shoes
- Michael J. Fox famously wore as Marty McFly: 2 wds.
20. Lovely place to stroll
21. "Am _ late?" (Is there still time?)
22. Try to find
23. " _ Wednesday" (1973)
25. Jagged
27. Very dry, as per champagne
30. "Wow!"
32. Museum tour guide
36. Soaks flax
37. "Let It Ride" gr.
38. Shred of a shredded shirt
39. Post-op locale
40. Dorothy _ "The Golden Girls" role
42. Bale of _
43. Like a scarecrow's filling
45. Kim, to Khloe
46. Sprightliness
47. Rather: 2 wds.
48. Gnaw
49. Formerly, in verse
50. "Luck Be _" by Frank Sinatra
52. Bungle
54. Long-range weapon, commonly
57. Scientific name of



the Staghorn Sumac shrub which grows in southeastern Canada, _ Typhina

59. Novelist Dame Christie, cutely

63. 'Models' in sewing rooms: 2 wds.

66. 1940s jazz

67. The pair

68. "Eight Is Enough" actress Ms. O'Grady

69. Perfect places

70. Keen on

71. Book of _ (Old Testament book)

DOWN

1. Hymenopter-

an insect

2. Space

3. Zilches

4. Overcomes

5. Sheared-one's call

6. Gladiator's 1201

7. It's in northern Canada: 2 wds.

8. Gentleman,

in Galicia

9. Toronto's 'Union', e.g.

10. Cut into three

11. Shed implement

12. James _ (Pulitzer-winning writer)

13. Frisbee, _-shaped

18. L.A.'s 'L'
19. Refined asset: 2 wds.
24. One might have pet chickens and a large vegetable garden: 2 wds.
26. Marinate
27. Lively
28. 'Straight'-meaning prefix
29. Street sign sort
31. Prefix to 'logist' (Ear doctor)
33. Surgery aid, back in the olden days
34. Some tides
35. Affairee's appointment
40. Interestingly-named Canadian artist with the 1979 hit "Call Out My Name"
41. Ms. Vardalos
44. Joy _ (Author of 1960 lioness book Born Free)
46. Patio framework
51. United Arab Emirates capital, Abu _
53. U.K. military service
54. " _ happy to!"
55. Money: Deb. opposite
56. Ms. Neuwirth
58. Cobblestone
60. Small weight
61. " _ expert but..."
62. 'Photosynth' suffix
64. Madonna's first hubby ...his initials-sharers
65. 17th Greek letter

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You are at your most generous — you'll do anything for anyone no matter the cost. Don't worry if people try to take advantage — they'll get what they deserve in the end.

Taurus April 21 - May 21
You will come to the aid of someone who is in need of defending, but don't fall into the trap of thinking that you have to be there for them every time. Sooner or later they must learn to stand on their own two feet.

Gemini May 22 - June 21
A friend or work colleague will try to make a big deal of something that you think is of little or no importance today. Strive to see the situation from their point of view.

Cancer June 22 - July 23
Rise above petty things and focus only on positive words and deeds. If someone seeks to get ahead at your expense you must not go looking for revenge.

Leo July 24 - Aug. 23
You know what is right, you know what is just and you know what you must do. More than any other sign you have the power to follow things through to the end, so keep going.

Virgo Aug. 24 - Sept. 23
If others say nasty things about you don't say nasty things in return — there's no need. Those who know you well won't believe it and those who don't know you well will be impressed by your dignified manner.

Libra Sept. 24 - Oct. 23
You have pushed yourself hard in recent weeks and have accomplished a lot but now you need to take life at a less frenzied pace. There may be things that need doing but you don't have to do them all yourself.

Scorpio Oct. 24 - Nov. 22
You have so many opportunities to choose from. Money matters are central, so look for ways to increase your cashflow. Creative activities of all kinds will be especially rewarding.

Sagittarius Nov. 23 - Dec. 21
Stay focused and there is no limit to what you might accomplish. Today's Mercury-Uranus link will give you some amazing insights into how you can make the most of your talents.

Capricorn Dec. 22 - Jan. 20
You may look calm on the outside but your emotions are all over the place. Don't keep your feelings bottled up. The longer you keep a lid on things the bigger the inevitable explosion will be.

Aquarius Jan. 21 - Feb. 19
The more someone promises you riches and rewards for just a small investment today the more certain you can be that they are lying and hoping to get rich at your expense.

Pisces Feb. 20 - March 20
Get on the right side of employers and important people but don't make promises you may not be able to keep. Just be yourself and have faith that they will like what they see.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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